



NMCPHC QUICK HITS

Sleep Awareness Week

March 2 – 8 2015 is National Sleep Awareness Week. Sponsored by the [National Sleep Foundation](#), Sleep Awareness Week is an annual public education and awareness campaign to promote the importance of sleep. Getting enough sleep is essential to overall health and wellness. Insufficient sleep takes a toll on energy, mood, and ability to function during the day. In fact, chronic insomnia can contribute to health problems such as heart disease, high blood pressure, and diabetes. The Navy and Marine Corps Public Health Center's (NMCPHC) Health Promotion and Wellness (HPW) Department has tips and resources to help improve your sleep.



Create a Consistent Bedtime Routine

Develop a nightly ritual and routine. This will help train your body and mind that it is time to rest. For instance, dimming the lights, brushing your teeth, and washing your face may be part of a routine.

Put Worry to Bed

Learn to put your worries to bed so that you can get some rest. Use the [Bedside Thought Organizer](#) to identify stressors and negative thoughts. Allow yourself to let go of it for now so that you can fall asleep and commit to solving the problem tomorrow. The Bedside Thought Organizer was designed for those recovering from an illness or injury, however it can be helpful to anyone having trouble turning off thoughts when trying to sleep.

Power Up With a Power Nap

If you are fatigued and tired, avoid taking a long nap. Long naps often interfere with night sleeping patterns. The National Sleep Foundation recommends a short power nap (10-20 minutes) to overcome an afternoon slump. Restore energy, reduce fatigue, and improve your mood with these [power nap tips](#).

Relax, Relax

Check out NMCPHC's relaxation toolkit, [Relax, Relax](#). The toolkit was designed for use by Sailors and Marines to reduce stress and optimize performance through different relaxation techniques such as breathing, guided imagery, and meditation.

Sleep Resources for Wounded, Ill, and Injured (WII)

Good sleep is crucial to both physical and psychological health and wellness, and it is more important than ever when recovering from a wound, illness, or injury. Quality sleep can reduce the risk of depression and anxiety, expedite recovery from a traumatic brain injury, and improve quality of life for those coping with cancer and cancer survivors. NMCPHC has resources to help you [understand the relationship between sleep and recovery](#) and the [WII Sleep Toolbox](#) has practical tools to help you identify "sleep stoppers" and stop "sleep sabotage".

Checkout the [Sleep Resources](#) page for additional tips to help improve your sleep and know when to get help from a professional.

